

Skin Types

In order to properly care for your skin, it's important to realize your skin type before you tan. Knowing this will help you manage your tan, keep your skin moisturized and avoid sunburn. Review the chart below to find a product that's right for you.

Skin Type	I	II	III	IV	V	VI
Hair	Red, Blonde	Blonde, Red, Light Brown	Chestnut, Dark Blonde	Dark Brown	Dark Brown	Black
Eyes	Blue, Gray, Green	Blue, Gray, Green, Hazel	Brown, Blue, Gray, Green, Hazel	Brown	Brown	Brown
Skin	Very Pale, Reddish	Pale	White, Light Brown	Dark Brown	Dark Brown	Black
Tanning Ability	Burns Easily, Never Tans	Burns Easily, Tans Minimally	Sometimes Burns, Gradually Tans	Tans Easily	Tans Easily and Dark	Tans Easily and Gets Darker

Your Product

Now that you've established your skin type, look at which products are right for you. Take a look at how long you think you will out in the sun. Then match up the columns with your skin type for our recommended product.

Skin Type	I	II	III	IV	V	VI
1 hour in sun	SPF 15 or higher	SPF 8 or higher	SPF 8 or higher	SPF 6 or higher	SPF 4 or higher	SPF 4 or higher
2 hours in sun	SPF 30 or higher	SPF 15 or higher	SPF 15 or higher	SPF 8 or higher	SPF 6 or higher	SPF 4 or higher
3 hours in sun	SPF 30 or higher	SPF 30 or higher	SPF 15 or higher	SPF 15 or higher	SPF 8 or higher	SPF 6 or higher
4 hours in sun	SPF 40 or higher	SPF 30 or higher	SPF 30 or higher	SPF 30 or higher	SPF 15 or higher	SPF 8 or higher
5 or more hours in sun	SPF 50 or higher	SPF 40 or higher	SPF 30 or higher	SPF 30 or higher	SPF 30 or higher	SPF 15 or higher

Of course every skin is different. This is meant to be a general guideline. You should determine your own skin's tanning ability. Use common sense and try appropriate products for brief periods of time in the sun to avoid over exposure and/or sunburn.

Apply Australian Gold® lotions evenly on total body by rotational movements 20 minutes before UV Light exposure for the best protection and results. Follow the label instructions on all Australian Gold® Tanning lotions for optimal protection and the best tanning results!

Australian Gold® - "For the Tan of Your Life and the Life of Your Tan!"